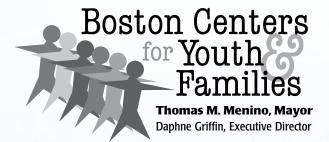
West Roxbury Community Centers

Winter/Spring 2010



Who We Are

The West Roxbury Community Centers, comprised of the Roche Family Community Center, Draper Pool and the West Roxbury Education Complex, is a not-for-profit community based organization for the residents of our community.

Governed by the West Roxbury Community Centers Council, and in partnership with the Boston Centers for Youth & Families, the Center's continued mission is to reach all residents of its community and provide quality educational, recreational and social programs.

In January 2006, the West Roxbury Community Centers and Facility Management Corporation reopened the Jim Roche Community Ice Arena, a Massachusetts Department of Conservation and Recreation Skating Rink. The Roche Arena provides high quality, affordable skating programming for all ages and abilities within the community.

Winter/Spring Schedule

January 9	Registration for City of Boston residents only 9:00am-12:00pm at back entrance
January 13	Registration begins for non-residents @ 9am
January 19	Session I begins
January 20	Small Wonders Lottery Selection for 2010-2011
March 10	St. Patrick's Day Luncheon for Seniors
March 22	Session 2 begins
April 1	WRCC Scholarship Applications Available to all graduating seniors from the West Roxbury/Roslindale area
April 3	Registration for Summer Camps Begins 9:00am-12:00pm at the back entrance
May 5	Mother's Day Luncheon for Seniors
May 15 & 16	WRCC Players "Once Upon a Mattress" at WREC

West Roxbury Community Center Council Members

David O'Donnell Paul Kilgarriff

Colleen Fahy, Vice President Michael Lynch, Treasurer Kathy Gallant, President James McDonough

Carla Roddy, Secretary

Kelly Harrington

Jay Walsh
Liz Wosny

Liz Sparrow Ann Marie Russell

Interested in joining our board? Join us on the 4th Thursday of each month at 7pm. We welcome your thoughts.

Membership at WRCC

How to become a Member

To become a member of the West Roxbury Community Centers, simply come to The Roche Center and pay the annual membership fee, membership is renewable each September.

Membership Privileges

This brochure details programs offered for the 2010 Winter/Spring sessions. Most activities have a small tuition. Free activities and privileges are offered for community members of all ages.

Membership	City of Boston Residents	Non-residents
Family	\$40	\$80
Individual	\$25	\$50
Senior	\$10	\$20
Fitness Center	\$40	\$80

Registration

Register for programs at our 1716 Centre Street location during our regular business hours. Registration for our Winter/Spring 2010 programs begins on Saturday, January 9th at 9am for <u>City of Boston residents</u> <u>ONLY</u>. Proof of residency may be required at time of registration. Registration for Non-residents will begin on Wednesday, January 13th at 9am. One registration per family/member on January 9th. Unless otherwise stated in the program description, WRCC membership is required. Please call 635-5066 with questions on membership or programs. The Center reserves the right to cancel programs due to insufficient registration. **Registration by mail will not be accepted.** Enrollment in Session 1 does not guarantee enrollment in Session 2. Members may register for both sessions at time of registration. Space is limited for all classes. Due to the popularity of the Toddler Time and Sticky Fingers classes, members may only register for 1 class per week, per session.

Registration Policy

1. Memberships are non-refundable.

2. There are no refunds given after registration is taken for a program.

3. If the program you register for is cancelled, or if there is a Center-initiated schedule change, we will refund your full tuition.

Roche Family Community Center

A George Robert White Trust Facility 1716 Centre Street • (617) 635-5066

Parking in the rear of the building is limited to marked spaces only. Any vehicles parked illegally in the lot or in the driveway will be towed at the owner's expense.

Hours of Operation <u>Fitness Center</u>

8:00am - 9:00pm Monday-Friday Monday- Friday 8:00am - 8:00pm Saturday 9:00am - 5:00pm 9:00am - 4:00pm Saturday

The "Teen Center On Centre" Grades 6-up

Drop In

Mondays 3:00pm - 6:00pm Tuesdays & Thursdays 2:30pm - 4:30pm Mondays

5:00pm – 8:30pm Fridays Mondays Co-ed OPEN GYM 3:00pm - 5:00pm Ages 12-16 only

Open Gym Schedule- Tues, Wed, & Thurs. 2:00pm — 4:00pm NEW TUTOR PROGRAM Available Tues & Thurs 3:00pm — 5:00pm - Free to all members.

WARM2Kids' Lab M-F 2:00pm - 6:00pm Sat 9:30am - 4:30pm

West Roxbury Education Complex

1205 VFW Parkway • (617) 635-5190/(617) 635-5015

Ample parking is available at the high school.

Hours of Operation Pool Hours

3:00pm – 9:00pm 9:00am – 5:00pm Monday- Friday Monday- Friday Open/Lap 4pm - 8pm

Saturdáy

Draper Pool

5279 Washington Street • (617) 635-5021 Parking available on street.

Hours of Operation

Monday-Friday 6:00am – 8:00pm For more information on classes and daily schedule call (617)635-5021.

Jim Roche Community Ice Arena

1275 VFW Parkway • (617) 323-9512

Parking available in lot next to the arena.

<u>Public Skating</u>

Monday – Friday @12noon - 1:50pm

Friday evenings @ 8:00pm – 9:50pm with DJ Saturday afternoons @ 2:00pm – 3:50pm @ 2:00pm – 3:50pm Sunday afternoons

\$4.00 admission – all ages / \$4.00 rental skates

Schedules available at arena, online @ www.fmcarenas.com or call 888-64-RINKS

Senior Skate

Wednesdays @ 11:00am - 11:50am (Free admission for seniors ages 65 & up)

2010 Holidays

West Roxbury Community Centers (Roche Centre, Draper Pool and West Roxbury Community Center at the West Roxbury Education Complex) will be closed in observance of the following holidays:

New Year's Day Jan 1 **Evacuation Day** March 17 Bunker Hill Day June 17 M.L. King Jr. Birthday Jan 18 Patriots Day April 19 Independence Day July 5 Presidents Day Feb 15 Memorial Day May 31

Classes scheduled on a holiday or Boston Public School snow day will be cancelled for the day and will not be made up. The Rink schedule does not apply.

Preschool Programs

Toddler Time

Tuition: \$30 per seven week session

This parent and child class is teacher directed with activities such as tumbling, obstacle courses and rhythmic activities appropriate for your toddler's development. Due to the popularity of this class, members may only register for 1 class per week.

Session 1 begins the week of January 19, 2010

Code	Session	Age	Day	Time
TT1	1	Crawling – 1.5	Tuesday	9:00–9:45am
TT2	1	Crawling – 1.5	Wednesday	9:00-9:45am
TT3	1	Crawling – 1.5	Thursday	9:00-9:45am
TT4	1	1.5- 2.5	Tuesday	9:45-10:30am
TT5	1	1.5- 2.5	Wednesday	9:45-10:30am
TT6	1	1.5- 2.5	Thursday	9:45-10:30am
TT7	1	2.5- 3	Tuesday	10:30-11:15am
TT8	1	2.5-3	Wednesday	10:30-11:15am
TT9	1	2.5-3	Thursday	10:30-11:15am

Session 2 begins the week of March 22, 2010

Code	Session	Age	Day	Time
TT10	2	Crawling – 1.5	Tuesday	9:00–9:45am
TT 1 1	2	Crawling – 1.5	Wednesday	9:00-9:45am
TT12	2	Crawling – 1.5	Thursday	9:00–9:45am
TT13	2	1.5- 2.5	Tuesday	9:45-10:30am
TT14	2	1.5- 2.5	Wednesday	9:45-10:30am
TT15	2	1.5- 2.5	Thursday	9:45–10:30am
TT16	2	2.5- 3	Tuesday	10:30-11:15am
TT17	2	2.5- 3	Wednesday	10:30-11:15am
TT18	2	2.5- 3	Thursday	10:30-11:15am

Instructor: Kathy Davis

Sticky Fingers

Tuition: \$30 per seven week session

This parent interactive class will get you messy with your child. Due to the popularity of this class, members may only register for 1 class per week. **Limit 10 per class.**

Session 1 begins the week of January 19, 2010

Code	Session	Age	Day	Time
SF1	1	18 months – 2.5	Tuesday	9:00-9:45am
SF2	1	18 months – 2.5	Wednesday	9:00-9:45am
SF3	1	18 months – 2.5	Thursday	9:00-9:45am
SF4	1	2.5-3.5	Tuesday	9:45-10:30am
SF5	1	2.5-3.5	Tuesday	10:30-11:15am
SF6	1	2.5-3.5	Wednesday	9:45-10:30am
SF7	1	2.5-3.5	Wednesday	10:30-11:15am
SF8	1	2.5-3.5	Thursday	9:45-10:30am
SF9	1	2.5-3.5	Thursday	10:30-11:15am

Session 2 begins the week of March 22, 2010

Code	Session	Age	Day	Time
SF10	2	18 months – 2.5	Tuesday	9:00–9:45am
SF11	2	18 months – 2.5	Wednesday	9:00-9:45am
SF12	2	18 months – 2.5	Thursday	9:00–9:45am
SF13	2	2.5-3.5	Tuesday	9:45-10:30am
SF14	2	2.5-3.5	Tuesday	10:30-11:15am
SF15	2	2.5-3.5	Wednesday	9:45-10:30am
SF16	2	2.5-3.5	Wednesday	10:30-11:15am
SF17	2	2.5-3.5	Thursday	9:45-10:30am
SF18	2	2.5-3.5	Thursday	10:30-11:15am

Instructor: Donna Mattimoe

Sports, Games & More...

Tuition: \$30 per seven week session

This fun filled class for your preschooler will engage him/her in various activities including organized sports, free play and simple physical activities for motor development/coordination. Participants must be able to separate from parents and follow directions.

Session 1 begins the week of January 19, 2010

Code	Session	Age	Day	Time
SG1	1	3	Monday	9:00-9:45am
SG2	l	3	Monday	9:45–10:15pm
SG3	1	3	Wednesday	12:30–1:15pm
SG4	1	4	Wednesday	1:15-2:00pm
SG5	1	4	Thursday [*]	12:30–1:15pm
SG6	1	4	Thursday	1:15–2:00pm
SG7	1	3	Friday	9:00–9:45am
SG8	1	3	Friday	9:45-10:30am

Session 2 begins the week of March 22, 2010

Code	Session	Age	Day	Time
SG9	2	3	Monday	9:00–9:45am
SG10	2	3	Monday	9:45-10:30am
SG11	2	3	Wednesďay	12:30-1:15pm
SG12	2	4	Wednesday	1:15–2:00pm
SG13	2	4	Thursday	12:30–1:15pm
SG14	2	4	Thursday	1:15-2:00pm
SG15	2	3	Friday	9:00–9:45am
SG16	2	3	Friday	9:45-10:30am
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Instructor: Joan Kennedy

Creative Movement and Dance

Tuition: \$30 per seven week session

Preschoolers love to move! This class will include interactive songs & dance, movement games & stories, & basic locomotive skills such as skipping, hopping & galloping. No special attire is necessary. Participants must be be able to separate from parents & follow instructions.

Session 1 begins the week of January 25, 2010

Code	Session	Age	Day	Time
CD1	1	3-5	Monday	9:45-10:30am
CD2		3-5	Monday	10:30-11:15am

Session 2 begins the week of March 22, 2010

Code	Session	Age	Day	Time
CD3	2	3-5	Monday	9:45-10:30am
CD4	2	3-5	Monday	10:30-11:15am

Instructor: Valerie Maio

Story Time & Crafts

Tuition: \$30 per seven week session

This language based program will assist 3&4 year olds with the following skills: listening skills, sequencing, and self-expression. A simple craft will be made which ties into the story theme.

Limit 10 per class.

Session 1 begins the week of January 19, 2010

Code	Session	Age	Day	Time	
STC1	1	3&4	Thursday	1:15–2pm	
Session 2 begins the week of March 22, 2010					
Code	Session	Age	Day	Time	
STC2	2	3&4	Thursday	1:15–2pm	

Instructor: Kathy Davis

Baby Signs-"Under the Sea"

Tuition: \$30 per seven week session

Learn simple signs for animals under the sea through fun songs, games and activities. Led by an On the Grow Educator, this class will also provide you with tips and strategies from Drs. Acredolo and Goodwyn's best-selling parenting books to help you teach your child self-control. Join us for a "whale" of a good time!

Session 1 begins the week of January 19, 2010

Code	Session	Ages	Day	lime
BS1	1	2-5	Saturday	10-10:45am
Session	2 begins th	ne week of March	22, 2010	
Code	Session	Ages	Day	Time
BS2	2	2-5	Saturday	10-10:45am

Instructor: Suzanne N. Cort

Baby Signs-"Vroom & Zoom"

Tuition: \$30 per seven week session

The theme of transportation becomes the "vehicle" for learning cooperation through fun signs, songs, stories, and activities. An On the Grow Educator will share insights from child development experts, Drs. Acredolo and Goodwyn, to help you with this important parenting challenge. A great way to get your child on board the cooperation train!

Saturday

10:45-11:30am

Session 1 begins the week of January 19, 2010

2-5

Code	Session	Ages	Day	Time		
BS3	1	2-5	Saturday	10:45-11:30am		
Session 2 begins the week of March 22, 2010						
Code	Session	Ages	Dav	Time		

2 Instructor: Suzanne N. Cort

BS4

Pee Wee Basketball

Tuition: \$25 per seven week session

This class enables participants to practice basic drills and increase their ability through repetition. No games, just skill building. All participants must wear appropriate athletic attire for class.

Session 1 begins the week of January 19, 2010

Code	Session	Ages	Day	Time
PWB1	1	5-6	Tuesday	4:00-4:45pm
PWB2	1	5-6	Thursday	4:45-5:30pm
PWB3	1	7-8	Tuesday	4:45-5:30pm
PWB4	1	7-8	Thursday	4:00-4:45pm

Session 2 begins the week of March 22, 2010

Code	Session	Ages	Day	Time
PWB5	2	5-6	Tuesday	4:00-4:45pm
PWB6	2	5-6	Thursday	4:45-5:30pm
PWB7	2	7-8	Tuesday	4:45-5:30pm
PWB8	2	7-8	Thursday	4:00-4:45pm

Instructors: Coach Bridget & Coach Jesse

Wide World of Sports

Tuition: \$25 per seven week session

Participate in a variety of recreational sports including floor hockey, wiffleball, soccer, basketball and more!

Session 1 begins the week of January 19, 2010

Code	Session	Ages	Day	Time		
WW1	1	6-8	Friday	3:00-3:50pm		
WW2	1	6-8	Friday	4:00-4:50pm		
Session 2 begins the week of March 22, 2010						
Code	Session	Ages	Day	Time		

WW3 2 6-8 Friday 3:00-3:50pm WW4 2 6-8 Friday 4:00-4:50pm

Instructors: Coach Bridget & Coach Jesse

Youth Boot Camp

Tuition: \$40 per seven week session

Shape your body AND mind! Set personal goals and work hard to achieve them. This co-ed class will help you make healthy decisions and incorporate lessons on nutrition, health & wellness. We will introduce hiking, swimming, running, calisthenics, yoga, strength training & more!

Session 1 begins the week of January 19, 2010

Code	Session	Ages	Day	Time	
YBC	1	10+	Wednesday	4:00-5:30pm	
Session 2 begins the week of March 22, 2010					
Code	Session	Ages	Day	Time	
YBC	2	10+	Wednesday	4:00-5:30pm	

Instructors: Coach Bridget & Coach Jesse

Youth Karate

Tuition: \$40 per seven week session

This entry level Karate class is an excellent tool for your child to build self-confidence, learn discipline, and improve coordination in a safe fun-filled environment. Limit 15 per class

Session 1 begins the week of January 19, 2010

Code	Session	Ages	Day	Time	
YK1	1	4-8	Saturday	9:00–9:45am	
Session 2 begins the week of March 22, 2010					

	Session	Ages	Day	Time
YK2	2	4-8	Saturday	9:00-9:45am

Instructor: Ari Cassarino

Beginner Guitar Class

Tuition: \$100 per 14 week session

Learn to play guitar! This group lesson will teach you how to tune and care for your acoustic guitar, how to play chords, read guitar tablature, and strum songs by yourself and with others. Bring your acoustic guitar (no electrics, please) and we'll provide the rest. **Limit 10**

14 week session begins the week of Monday, January 25, 2010

Code	Session	Ages	Day	Time
BGC1	1	9-16	Monday	6pm-7pm

Instructor: Brian Campell

Guitar Class Level 2

Tuition: \$100 per 14 week session

Participants are expected to know how to tune and form most open chords before registering for this class. This 14 week session will focus on open chord changes, bar chords, and ear-training. Participants must own working guitar, tuner, picks etc..... Limit 10

14 week session begins the week of Wednesday, January 20, 2010

Code	Session	Ages	Day	Time
GCL2	1	9-16	Wednesday	6pm-7pm

Instructor: Brian Campell

Hip Hop

Tuition: \$45 per seven week session

This is a high-energy class that will combine elements of jazz and hip hop culture together with the latest sounds in rap, R&B and pop music. With movements influenced by some of today's hottest video choreographers this class begins with a creative warm up, stretching, cardio, freestyle, and a fun intense combination. Must have previous dance instruction. Limit 15 per class.

Session 1 begins the week of January 25, 2010

Code	Session	Ages	Day	Time
HOP1	1	7-12	Monday	5–6pm

Session 2 begins the week of March 22, 2010

	Session	Ages	Day	Time
HOP2	2	7-12	Monday	5–6pm

Instructor: ToRena Webb

Act it Out!

Tuition: \$30 per seven week session

Explore the creative process through movement activities, improvisation and dramatization. Develop self-expression and communication skills.

Session 1 begins the week of January 19, 2010

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AO1	1	9 & up	Friday	5:00–5:45pm
Code	Session	Ages	Day	lime

Session 2 begins the week of March 22, 2010

Code	Session	Ages	Day	Time
AO2	2	9 & up	Friday	5:00-5:45pm

Instructor: Bill Jacob

Art Projects that are NEW & COOL

Tuition: \$55 per seven week session

This class will explore unusual techniques using unique and exciting materials. Each week young artists will create a new project. We will use clay, create sculptures, paint and create collages. Each artist's creativity will be encouraged and celebrated!

Session 1 begins the week of January 19, 2010

Code	Session	Ages	Day	Time
CRAFT1 CRAFT2	1 1	5-6 7-10	Tuesday Tuesday	3:45-4:30pm 4:45-5:30pm
Session Code	2 begins to Session	the week of March 2 Ages	22, 2010 Dav	Time
	30331011		/	
CRAFT3 CRAFT4	2	5-6 7-10	Tuesday Tuesday	3:45-4:30pm 4:45-5:30pm

Instructor: Joane Clamage

Pee Wee Drama

Tuition: \$30 per seven week session

In this lively 45 minute class the younger set will put their dramatic talents to work. We'll act out old and new stories and make up a few of our own! Classes will encourage listening, control, cooperation, and using the imagination. But most of all it's FUN!!

Session 1 begins the week of January 19, 2010

Code	Session	Ages	Day	lime
PWD1	1	4-6	Friday	3:30-4:15pm
PWD2	1	6-8	Friday	4:15–5:00pm
Session	2 begins tl	he week of March	22, 2010	
Code	Session	Ages	Day	Time
PWD3	2	4-6	Thursday	3:30-4:15pm
PWD4	2	4-6	Friday	3:30–4:15pm
PWD5	_2	. 6-8	Friday	4:15–5:00pm
Instruct	or: Bill Jac	ob		

WRCC PLAYERS 2010 Production "Once Upon a Mattress"

WRCC Players

Ages 8 & up

Tuition: \$65

Be a part of our theatre ensemble. This year's production is "Once Upon a Mattress"

Audition: Friday, February 12th at the Roche Center. After registering, you must call the Roche Center for an audition appointment which will take place between 6pm-8:00pm. Bring a poem, story, joke, or anything you feel comfortable telling with you to the audition. Also, be ready to sing.

Call Backs will be held at the Roche Center on Saturday, February 13th from 2:30pm-4:45pm

Read through: Friday, Feb 19th @ Roche Center 6pm-8pm

1st Rehearsal: Saturday, March 13th, at WREC Auditorium 10am-2:00pm

Rehearsals: Mondays & Wednesdays 5pm-7:30pm/Some Saturdays 10am-2pm Performances: Friday, May 14th at 7pm at the WREC Auditorium Saturday, May 15th @ 2pm at the WREC Auditorium

Pee Wee Players

Ages 4 - 7 years

Tuition: \$65

Here's a chance for younger stars to experience being in a real play. They will participate in small chorus and walk on roles in the WRCC Players production "Once Upon a Mattress"

Audition: Thursday, February 11th 4:30-5:30 pm at the Roche Center. Parents should attend for information and hand-outs.

1st Rehearsal: Saturday, March 27th, at WREC Auditorium 12pm-2:00pm

Rehearsals: Wednesdays 5pm-7:30pm/Some Saturdays 12pm-2pm Performances: Friday, May 14th at 7pm at the WREC Auditorium

Saturday, May 15th @ 2pm at the WREC Auditorium

Home Alone Safety

Tuition: \$30

In this Safety Awareness class, children will learn skills to be more confident and safe when home alone after school or when parents are out doing errands. Skills include stranger awareness, first aid, rescue breathing, fire safety, and home emergency situations. This is a 2 day, 3 hour course.

Code Session Ages 9-12 Mon. 3/1 & 3/8/10 5:00 -6:30pm

Instructor: Bonnie Houston

WRCC Running Club

Tuition: \$30 for 5 weeks starting 5/14/10- 6/3/10

Open to all levels of runners and train for the Corrib Road Race (6/5/10). We will race and run as a team! We will train at WREC and CM tracks, Millennium Park, Jamaica Pond, Castle Island and the Arboretum!

Session 3 begins May 14, 2010

Code	Session	Ages	Day	Time
RC1	3	11+	Tues/Thurs	5:30-6:30pm

Instructors: Coach Bridget & Coach Jesse

Instructional Tennis

Tuition: \$30 for 6 weeks starting 5/26/10 - 6/30/10

WRCC Athletics is introducing tennis! Learn the fundamentals and build skills during mini

tennis matches!

Session 3 begins May 17, 2010

Code	Session	Ages	Day	Time
IT1	3	8-10	Wednesday	4:00-4:45pm

Instructors: Coach Bridget & Coach Jesse

Flag Rugby

Tuition: \$25 per seven week session

"Give Rugby a Try!" is a fun game based curriculum that gives students a basic understanding of the teamwork, rugby values, basic vocabulary, game knowledge and skills required to play flag rugby.

Code	Session	Ages	Day	Time
FR1	3	3,4,&5	Monday	4:00 -4:45pm
FR2	3	6-8	Mondaý	4:45 -5:30pm

Girl's Walking Club

Tuition: \$10 per seven week session

Walking around Jamaica Pond, Millennium, Castle Island, and just around the neighborhood when the weather gets nice. *Weather Permitting*

Session 1 begins April 27th, 2010

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Code	Session	Grades	Day	Time
GWC1	1	6&up	Tuesday	3:30-4:30pm
Instruct	ors: Courtne	y Losi & Tracy Fern	nino	

Cooking Club

Tuition: \$50 per seven week session

New twist on an old favorite. We are now collaborating with several community restaurants. Visiting and learning from the Pros how the magic really happens!!! The Spring Street Cafe & The Corrib just to name a few. **Limit 8 per class**

Session 1 begins January 20, 2010

Code		Grades	Day	Time
COOK1	1	6&up	Wednesday	3:00-4:30pm
Session	2 begin	s March 22, 2010		
Code	Session	Grades	Day	Time
COOK2	2	6&up	Wednesday	3:00-4:30pm

Instructors: Courtney Losi & Tracy Fermino

Girl's Night Out!!!

Just for girls-A night of fun with manicures, pedicures, then back to the TCOC for a movie and pizza!!

Code Trip Grades Day Cost

GN1 Salon 6&Up 4/9/10 Fri. 4pm \$35 plus tip \$ for manicurist

Instructors: Courtney Losi & Tracy Fermino

Girl's Night Out!!!

Just for girls-A night of shopping and fun at Legacy Placel!!!					
Code Trip	Grades	Day	Cost		
GN2 Legacy Place	6&Up	2/12/10 Fri. 4pm	\$5		

Instructors: Courtney Losi & Tracy Fermino

Boys Guitar Hero Tourney!!!

Come to the TCOC to show off some of your talents with a boys only Rock Band Night!!! Pizza, Soda, and Prizes awarded to top 3 rockers!!!

Code Grades Day/Date/Time Cost
BN1 6&up 5/07/10 Fri. 5pm \$5

Friday Night Field Trips & Half Day Program Grades 6 & up

Holy Name and St. Theresa

Please keep an eye on the West Roxbury Bulletin and Teen Center Info Board for all upcoming trips and programs. If interested you may also add your name to our email updates by emailing Courtney.losi@comcast.net or tracy.fermino@comcast.net Preregistration is required as space is limited. The Teen Center will be closed nights of field trips. The price may change depending on enrollment. Participants must be at the Roche Center hour before the scheduled time. *NEW*Must fill out permission slips for all trips.

Creative Kids Thursdays!!!

Come join Courtney & Tracy the 2nd Thursday of each month for a new craft adventure.

Code	Irip	Grades	Date	Cost
CKT1	Bead & Pearl/Newton	6&Up	2/11/10	\$35
CKT2	Plaster Fun Time/Dedham	6&Up	3/11/10	\$15
CKT3	ScrapbookingWrksp/Roche	6&Up	4/8/10	\$35

DVD Premiere Night

Each month the TCOC will premiere a new movie on DVD. \$5 registration for the movie, pizza and soda! Please watch the bulletin for more info! In the past, we have had pizza generously donated by The Real Deal, Target Pizza, Deno's and The Upper Crust.

February & April Teen Week

February 16th-19th/ April 20th-23rd Check out The Bulletin for details coming soon!!!! Please check the West Roxbury Bulletin for any new & ongoing programs throughout the Spring!!

Adult Programs

Yoga for Adults

Tuition: \$50 per seven week session

Practice Hatha Yoga to exercise every part of your body and improve your health, suppleness and peace of mind. Each class will consist of a physical workout followed by relaxation and meditation.

Session 1 begins the week of January 19, 2010

Code	Session	Ages	Day	Time		
AY1	1	Adult	Monday	6:30-7:45pm		
AY2	1	Adult	Wednesďay	6:00–7:15pm		
Session :	2 begins the	week of M	arch 22, 2010			
Code	Session	Ages	Day	Time		
AY3	2	Adult	Monday	6:30–7:45pm		
AY4	2	Adult	Wednesday	6:00–7:15pm		
Session	3 begins the	week of M	ay 17, 2010			
Code	Session	Ages	Day	Time		
AY5	3	Adult	Monday	6:30–7:45pm		
AY6	3	Adult	Wednesday	6:00–7:15pm		
Instructo	Instructor: Ines Hudson					

Zumba

Tuition: \$50 per seven week session

Zumba can best be described as international dance fitness. It fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

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Session 1	l beains the	week of Jai	nuary 19, 2010	
Code	Session	Ages	Day	Time
ZUM1 ZUM2	1	Adult Adult	Monday Thursday	8:00–9:00pm 6:00–7:00pm
Session 2	2 begins the	week of Mo	ırch 22, 2010	
Code	Session	Ages	Day	Time
ZUM3 ZUM4	2 2	Adult Adult	Monday Thursday	8:00–9:00pm 6:00–7:00pm

Instructor: MaryJane Johnston

Beginning Yoga for Adults

Tuition: \$50 per seven week session

Stretch, strengthen, relax and improve your flexibility! Learn the basics of gentle, Kripalu-style yoga and breath work through clear and simple instruction- perfect for beginners, but open to any level of students who would like to broaden their foundation. Please bring your own yoga sticky mat and or a towel/blanket plus a bottle of water.

Session 1 begins January 19, 2010

Code	Session	Ages	Day	Time
YBA1 YBA2 YBA3	1 1 1	Adult Adult Adult	Tuesday Tuesday Thursday	5:45–7:00pm 7:15–8:30pm 7:15-8:30pm
	begins Marc	*.	_	 -
Code	Session	Ages	Day	Time
YBA4 YBA5 YBA6	2 2 2	Adult Adult Adult	Tuesday Tuesday Thursday	5:45–7:00pm 7:15–8:30pm 7:15-8:30pm
Session 3	begins May	17, 2010		
Code	Session	Ages	Day	Time
YBA7 YBA8 YBA9	3 3 3	Adult Adult Adult	Tuesday Tuesday Thursday	5:45–7:00pm 7:15–8:30pm 7:15-8:30pm
Instructo	r. Payon So	idhaka Soltz	` ·	

Instructor: Raven Sadhaka Seltzer

Knitting for Adults

Tuition: \$40 per seven week session

Come learn how to knit and pearl for beginners.

Session 1 begins the week of January 19, 2010

Code	Session	Ages	Day	Time				
KN1	1	Adult	Tuesday	6:30–8:30pm				
Session 2	Session 2 begins the week of March 22, 2010							
Code	Session	Ages	Day	Time				
KN2	2	Adult	Tuesday	6:30-8:30pm				

Instructor: Jean Shaw

Mom & Baby Yoga

Tuition: \$70 per seven week session

An interactive class between Mom and baby which allows for bonding and encourages baby's proper digestion, strengthening, growth and development and helps mom's body readjust after giving birth. We use simple yoga movements and poses in which baby either watches Mom from a blanket or cushion, or is part of the movement or pose. Breastfeeding breaks are fine and expected. Please bring your own yoga sticky mat (a nice thick one or two layered), a large towel or blanket for baby, a cushion for baby and a bottle of water for yourself. Limit 15

Session 1 begins the week of January 19, 2010

Code	Session	Ages	Day	Time			
MBY1	1	Infants	Wednesday	10:30-11:30am			
Session 2	Session 2 begins the week of March 22, 2010						
Code	Session	Ages	Day	Time			
MBY2	2	Infants	Wednesday	10:30-11:30am			

Instructor: Raven Sadhaka Seltzer

Morning Yoga

Tuition: \$40 per seven week session

Beginning Hatha Yoga. Learn deep breathing techniques to enhance flexibility and help in relaxation. Basic standing postures taught to develop strength, balance and coordination. Floor work and a short meditation session will complete this morning session.

Session 1 begins the week of January 19, 2010

Code	Session	Ages	Day	Time	
MY1	1	Adult	Thursday	9:00–9:45am	
Session 2	begins the w	eek of March	22, 2010		
Code	Session	Ages	Day	Time	
MY2	2	Adult	Thursday	9:00-9:45am	
Instructor: JoAnn Arone					

Boot Camp for Adults

Tuition: \$35 per seven week session

Looking to get in shape? Then look no further. This 7 week Boot Camp will energize and boost your overall fitness goals. Through various exercises and drills you will feel and see results. Limit 15 per class

Session 1 begins the week of January 19, 2010

Code	Session	Ages	Day	Time				
BCA1	1	Adult	Saturday	Noon-1:00pm				
Session 2	Session 2 begins the week of March 22, 2010							
Code	Session	Ages	Day	Time				
BCA2	2	Adult	Saturday	Noon-1:00pm				

Instructor: Shaun McNeil



Yoga for Seniors

Tuition: \$40 per seven week session 2 days per week

Chair exercise program for men and women incorporating stretching, breathing, strengthening

exercises, and relaxation techniques. Wear comfortable clothing.

Session 1 begins the week of January 19, 2010

Code	Session	Ages	Day	Time
SY1 SY2	1 1	Senior Senior	Tues&Thurs Tues&Thurs	10:15–11:15am 11:15–12:15pm
Session 2	begins the w	eek of March	22, 2010	
Code	Session	Ages	Day	Time
SY3	2	Senior	Tues&Thurs	10:15-11:15am
SY4	2	Senior	Tues&Thurs	11:15–12:15pm

Instructor: JoAnn Arone

Yoga for Seniors

Tuition: \$25 per seven week session 1 day per week

Chair exercise program for men and women incorporating stretching, breathing, strengthening exercises, and relaxation techniques. Wear comfortable clothing.

Session 1 begins the week of January 19, 2010

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Code	Session	Ages	Day	Time
SY5	1	Senior	Wednesday	2–3pm
Session 2	begins the w	eek of March	22, 2010	
Code	Session	Ages	Day	Time
SY6	2	Senior	Wednesday	2–3pm

Instructor: JoAnn Arone

Line Dancing for Seniors

Enjoy your next party or wedding to the fullest. Join us for line dancing instruction that includes oldies. Hully Gully, the Greek Dance, Amos Moses, Watermelon Crawl, Achy Breaky, Boot Scootin' Boogie and many more! Wear comfortable clothing and sneakers. (Registration not required.)

Every Monday 11:15-12:15pm

Instructor: Nancy DiDuca

Men's Pinochle Group

Enjoy a game of pinochle & meet some new friends at our Pinochle group! Mon-Thurs 11am

Bridge Group

Enjoy a game of Bridge & meet some new friends at our Bridge group! Wed 11am

Seniors' Book and Bagel Club

Join us on the 3rd Thursday of January at 11:30am for our first meeting of the New Year. We will discuss our book choices while enjoying coffee and bagels. The club will meet the 3rd Thursday of each month through June. For more information call 635-5066

Seniors' Lunch Program

Ethos has brought its Nutrition Site Program to our senior center. Come in and join us for lunch and socializing. A reservation is required. Please call Linda at (617) 522-6700. **Every Friday** - Suggested donation \$1.75

Special Wednesday Luncheons*

Tuition: \$5

Lunch will be served at noon. Must register in person at the Roche Center. Space is limited.

- St. Patrick's Day Luncheon March 3rd
- Mother's Day Luncheon May 5th

*Must be current member of WRCC to register for Special Wednesday Luncheons

Foxwoods Trips

Tuition: \$20

Seniors will leave from the Roche Center promptly at 7:45am

Program Code	Date	Program Code	Date
FOX2	February 1	FOX5	May 3
FOX3	March 1	FOX6	June 7
FOX4	April 5		



Preschool Swim Lessons

Tuition: \$30	per s	seven	week	session
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Introduction to water. Parent child separation required. (5 STUDENTS PER CLASS)

Session 1 begins the week of January 19, 2010

Code	Session	Ages	Day	Time
PSL1	1	3-5	Monday	4:00-4:30pm
PSL2	1	3-5	Wednesday	4:00–4:30pm
PSL3	1	3-5	Tuesday	11-11:30am
PSL4	1	3-5	Tuesday	11:30–12pm
PSL5	1	3-5	Thursday	11-11:30am
PSL6	1	3-5	Thursday	11:30–12pm
PSL7	1	3-5	Friday	4:00-4:30pm
PSL8	1	3-5	Fridaý	4:30–5:00pm

Session 2 begins the week of March 22, 2010

Code	Session	Ages	Day	Time
PSL9	2	3-5	Monday	4:00-4:30pm
PSL10	2	3-5	Wednesďay	4:00–4:30pm
PSL11	2	3-5	Tuesday	11-11:30am
PSL12	2	3-5	Tuesday	11:30–12pm
PSL13	2	3-5	Thursday	11-11:30am
PSL14	2	3-5	Thursday	11:30–12pm
PSL15	2	3-5	Friday	4:00–4:30pm
PSL16	2	3-5	Friday	4:30–5:00pm

Session 3 begins the week of May 17, 2010

Code	Session	Ages	Day	Time
PSL17	3	3-5	Monday	4:00-4:30pm
PSL18	3	3-5	Wednesďay	4:00-4:30pm
PSL19	3	3-5	Tuesday '	11–11:30am
PSL20	3	3-5	Tuesday	11:30–12pm
PSL21	3	3-5	Thursday	11–11:30 ['] am
PSL22	3	3-5	Thursday	11:30-12pm
PSL23	3	3-5	Friday [']	4:00–4:30 pm
PSI 24	3	3-5	Friday	4:30-5:00pm

Session 4 begins the week of July 6, 2010

Code	Session	Ages	Day	Time
PSL25	4	3-5	Monday	4:00-4:30pm
PSL26	4	3-5	Wednesďay	4:00–4:30pm
PSL27	4	3-5	Tuesday [*]	11-11:30am
PSL28	4	3-5	Tuesday	11:30-12pm
PSL29	4	3-5	Thursday	11-11:30 ° am
PSL30	4	3-5	Thursday	11:30-12pm
PSL31	4	3-5	Friday	4:00-4:30 pm
PSL32	4	3-5	Friday	4:30-5:00pm

<u>Instructor will determine appropriate level for your child.</u> Parents must wait in the lobby during lessons.

Beginner/Level 1 Swim Lessons

Tuition: \$30 per seven week session

Recommended for children ages 6 and up/first lesson. (5 STUDENTS PER CLASS)

Session 1	l beains '	the week of	January 1	19. 2010

Code	Session	Ages	Day	ııme
BSL1 BSL2	1 1	6-8 6-8	Monday Wednesday	4:30–5pm 4:30–5pm
Session	n 2 begins	the week of Ma	rch 22, 2010	
Code	Session	Ages	Day	Time
BSL3 BSL4	2 2	6-8 6-8	Monday Wednesday	4:30–5pm 4:30–5pm
Session	n 3 begins	the week of Ma	y 17, 2010	·
Code	Session	Ages	Day	Time
BSL5 BSL6	3	6-8 6-8	Monday Wednesday	4:30–5pm 4:30–5pm

Session 4 begins the week of July 6, 2010

Code	2688IOU	Ages	Day	lime
BSL7	4	6-8	Monday	4:30-5pm
BSL8	4	6-8	Wednesďay	4:30–5pm

Instructor will determine appropriate level for your child. Parents must wait in the lobby during lessons.

Intermediate/Level 2 Swim Lessons

Tuition: \$30 per seven week session

Child must demonstrate the ability to swim from shallow end to deep end without stopping.

(5 STUDENTS PER CLASS)

Session 1 begins the week of January 19, 2010

Code	Session	Ages	Day	Time		
ISL1	1	9&up	Monday	5:00-5:30pm		
ISL2	0 h: 4h	9&up	Wednesday	5:00-5:30pm		
		veek of March 22, 2010	_			
Code	Session	Ages	Day	Time		
ISL3	2	9&up	Monday	5:00-5:30pm		
ISL4	2	9&up	Wednesday	5:00-5:30pm		
Session	3 begins the v	veek of May 17, 2010	•	·		
Code	Session	Ages	Day	Time		
ISL5	3	9&up	Monday	5:00-5:30pm		
ISL6	3	9&up	Wednesďay	5:00-5:30pm		
Session	Session 4 begins the week of July 6, 2010					
Code	Session	Ages	Day	Time		
ISL7	4	9&up	Monday	5:00-5:30pm		
ISL8	4	9&up	Wednesďay	5:00-5:30pm		

Instructor will determine appropriate level for your child. Parents must wait in the lobby during lessons.

Small Wonders Early Childhood Program

Small Wonders Early Childhood Program Ages 3-4 years

At Small Wonders our experienced Early Childhood educators strive to create an environment in which your child may thrive physically, developmentally and socially. We offer 3 and 4 year old programs.

Registration will be done by a lottery selection. To obtain a number you must register between 9:00 am and 4:00 pm at the Roche Center on January 20th. The lottery will take place that night at 6:00 pm at the Roche Center. You must be present at the time of the lottery to obtain a slot. One nonrefundable/transferable payment is due upon selection to secure slot for the 2010-2011 school year. Δαα

Age	Duys	IIIIIE	166
3 year old	Tuesday/Thursday	8:45am - 11:15am	3 payments of \$400
3 year old	Tuesday/Thursday	12:15pm - 2:45pm	3 payments of \$400
4 year old	Mon/Wed/Fri	8:30am - 12:30pm	3 payments of \$625

Child must be 3/4 years of age by September 1, 2010 to register for the program. Parent must bring birth certificate at time of registration.

WRCC Summer Camp Programs
Registration for the WRCC summer camps will take place on Saturday, April 3th at 9:00 am. Non-refundable payment must be paid at time of registration for all weeks registered. This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health.

Summer Fun Camp at Roche Center Ages 3-5 years

Camp begins the week of July 6th & ends on August 13th • Monday through Friday 8:30am – 1:00pm Fee: \$150 per week per child • Breakfast & lunch provided • Must be 3 years old by July 6, 2010

Program Code	Week Of	luition*	
SF1 SF2	Week of July 6 Week of July 12	\$150 \$150 \$150	
ŠF3 SF4 SF5 SF6	Week of Julý 19 Week of July 26 Week of August 2	\$150 \$150 \$150	
ŠF6	Week of August 9	\$150	

Camp WRCC at WREC

Ages 6-11 years

Camp begins the week of July 6th & ends on August 13th • Monday through Friday 8:30am – 3:00pm Fee: \$175 per week per child • Breakfast & lunch provided • Must be 6 years old by July 6, 2010

Program Code	Week Of	luition*	
CWRCC1 CWRCC2	Week of July 6 Week of July 12	\$175 \$175	
ČWRČČ3 CWRCC4	Week of Julý 19 Week of July 26	\$175 \$175	
CWRCC5	Week of August 2	\$175	
CWRCC6	Week of August 9	\$175	

T.C.O.C. Summer Clinic

Ages 12-15

Join your friends for this exciting program geared to the adolescent. Program will be field trip based. We will travel throughout the city and beyond. This program's fee will be based on the number enrolled & cost of transportation. Two-week sessions begin July 6th. Mon – Fri 10am-3pm. Program Code WARK OF Tuition*

110graini 00a0	1100K 01	10111011
CLC1	Two week session to begin July 6	\$250
CLC2	Two week session to begin July 19	\$250
CLC3	wo week session to begin August 2	\$250

*Summer Camp tuition prices are subject to change prior to registration

CONSENT FORM

In authorizing, I agree that I will not bring suit against WRCC includ-

agency, for property damage or personal injury incurring by myself

ing any of its officers, employees or agents or this sponsoring

(Family Name)

I hereby authorize the _____

family to participate in WRCC programming.

authorize WRCC to take and use photos, slides a slides and recordings of my son/daughter while pant in WRCC programming.	and use photos,
I have listed any health problems that my child(affect him/her while at WRCC: (example: asthmation twice a day, allergies or recent injuries)	•
In the event of sudden serious injury or illness to my while he/she is participating in WRCC programmin sent for the administration of emergency health contact, if that action is desirable in the opinion of the call personnel. I shall be responsible for all medical charges. I understand that the leaders will make a to contact me should a sudden injury or illness occurred.	ng, I express my con are, including anes- he attending medi- al fees and other a reasonable effort
I understand that memberships are non-refundation refunds given after registration is taken for a proprogram I register for is cancelled, or if there is a schedule change, I will be refund my full tuition.	gram and if the Center-initiated
In signing this release, I certify that health and a or Medicare covers my child, and that I am oblicated with the name, carrier and policy numbers	gated to provide
THIS FORM MUST BE SIGNED BY A PARENT OR GU CHILD IS UNDER 21 YEARS OLD.	ARDIAN IF YOUR
PARENT'S SIGNATURE DATE	

9 Latti Farm Rd. Millbury, MA 01527 U.S. POSTAGE PAID globe**direct** NONPROFIT GD59593

nymber. Membership renewable yearly each September. Please notify WRCC Please fill out this form completely. Phone number determines membership WRCC Registration Form

of any changes in address or phone number. Checks only accepted Please make check payable to WRCC.

Out of City Membership (please check one) City of Boston Resident

o Individual \$25 o Family \$40

o Individual \$50 o Family \$80 o Senior \$20

Phone number

o Senior \$10

Family Name

Address_

Zip

State

□ If you do not receive e-mail from WRCC **Email Address**

Member Name

Birth Date

Current Grade

Amount \$

Program Code

Member Name

1716 Centre Street OMMUNITY CENTERS

ROXBURY

West Roxbury, MA 02132